



CITYWIDE AQUATICS

Water Fitness

This is a high-energy exercise class, which promotes cardio endurance and muscle strengthening with the use of interval training, flotation equipment and resistance training. *No Class: 1/19, 2/16*

Water Exercise

This class is a basic water exercise program developed to promote overall fitness, muscle conditioning, and body stretching. This class will use walking exercises, the natural resistance of the aquatic environment and flotation equipment. *No Class: 1/19, 2/16*

Lifeguard Training

Includes First Aid, CPR for the Professional Rescuer, and Automated External Defibrillator. This class is designed to prepare individuals to recognize aquatic emergencies, act promptly and

appropriately, perform rescues and techniques used by lifeguards, and perform First Aid and CPR with an AED. Prerequisites: 15 years old, swim 300 yards continuously, and swim 20 yards, retrieve 10 pound object from 7-10 ft. of water, and return the object to the original start point in 1 minute 45 seconds. Full attendance is mandatory for certification. Fee includes class materials. Bring ID, swimsuit and towel to class.

CAMDEN POOL

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs	Res/NonRes
403.3.1200	Water Fitness	18+	T/Th	1/6	3/12	6:00-6:45pm	Marlene Suits	20	\$78/88
403.3.1201	Water Fitness	18+	M/W/F	1/5	3/13	8:30-9:15am	Marlene Suits	28	\$106/116
403.3.1202	Water Exercise	18+	M/W/F	1/5	3/13	9:30-10:15am	Marlene Suits	28	\$106/116

FAIR SWIM

Class No.	Class Title	Age	Day(s)	Start Date	End Date	Time	Instructor	Mtgs	Res/NonRes
402.3.1200	Lifeguard Training	15+	M/W/F	2/2	2/14	5-9pm/Sa 9am-5pm	Staff	6	\$170/180
402.3.1201	Lifeguard Training	16+	T/Th/Sa	3/3	3/14	5-9pm/Sa 9am-5pm	Staff	6	\$170/180

Camden Pool Lap Swim

Monday-Friday: 6:30-8:30am, 11:30am-1:30pm, 5:30-7:30pm
Saturday: 9:00-11:00am

One time drop-in: Adults - \$3.50 • Senior/Youth/Disabled - \$2.25
10 visit pass: Adults - \$27.50 • Senior/Youth/Disabled - \$18.00

- Mature teens at least 13 years of age may also swim when the session is not full, but only if accompanied by an adult 18 years or older.
- No children allowed at poolside while adults use the facility.
- At selected times fewer than eight lanes may be available.

- Center is not responsible for lost or misplaced passes.
- No food, drinks or smoking allowed on the pool deck.
- Kickboards, hand paddles, etc., are available for use.
- We reserve the right to refuse entry.

**OPEN TO
ADULTS ONLY**